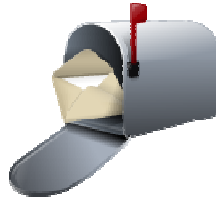




Announcements

THIS MAY BE YOUR LAST PAPER NEWSLETTER!

WSU has funded our postage for newsletters for many years. Unfortunately, due to deep budget cuts from the Washington State Legislature, WSU can no longer supply us with a postage budget. Our newsletter is available online at <http://wallawalla.wsu.edu>. If you would like to receive an email letting you know when a newsletter is available and when Extension events are planned, please call 509-524-2685 or send your email to bbryce@wsu.edu. Paper copies are always available at the WSU Extension office.



JULY

2 Switchgrass Biofuel and Forage Field Day, Prosser, WA, 6:30 – 8:00 p.m. Researchers will discuss irrigation and weed management, stand establishment, rooting, varieties, fertilization, and biomass yields of switchgrass and other perennial warm-season grasses for the cellulosic ethanol industry. For further information please contact June Trimble at 509-786-9232 or Steve Fransen 509-786-9266.

6-31 Intensive Spanish Institute, Walla Walla Community College. Beginning Spanish classes will be held July 6-17. Advanced beginning classes will be held July 20-31. Students may earn WWCC transferable credits or clock hours.

To register or for more information, contact Cynthia Selde (WSU) at 509-529-5959 or cselde@wsu.edu.

18-19 Walla Walla Sweet Onion Festival, Walla Walla, downtown. For more information, visit <http://www.sweetonions.org/festival/2009/> or call 509-525-1031.

25 Smart Water Management for the Yard & Garden, Kennewick, WA, 1620 South Union Street, 9:00 a.m. – noon. Improve your lawn and landscape watering efficiency. Registration fee \$10 per person by July 18. For more information, call 509-735-3551. Registration forms available at Walla Walla County WSU Extension office.

AUGUST

1-2 Walla Walla YMCA Peach Basket Classic, Walla Walla, Main Street. The YMCA Peach Basket Classic 3-on-3 basketball tournament. For more information, contact Lori Larson (YMCA) at 509-525-8863, ext. 118 or loril@wwyma.org or visit <http://www.peachbasketclassic.com/>.

5 Walla Walla Fair Entries Due

SEPTEMBER

2-6 Walla Walla Fair & Frontier Days, “Harvest Moon & Country Tunes”. For more information, visit <http://www.wallawallafairgrounds.com/>. 2009 Fair Exhibitor’s Handbooks and entry forms are available at the Walla Walla Fairgrounds, WSU Extension office, and online at the website above.



12 Walla Walla Community Hospice Pond & Garden Tour, 9 a.m. – 5 p.m., \$20. Tour ten unique gardens which incorporate ponds, creeks and other water features in the design. For more information, visit <http://www.wwhospice.org/> or call 509-525-5561.

OCTOBER

1-3 Lamb 300, Pullman, WA, WSU Meat Lab. Topics and activities include live animal and ultrasound evaluation, measuring and influencing muscle quality and tenderness, quality and product quiz, microbiology and food safety, carcass and retail fabrication, and a taste panel. Registration fee is \$150 due by September 1. For additional information, contact Jan Busboom, WSU, at 509-335-2880 or busboom@wsu.edu

3,10,& 17 Bee Keeping Class, Walla Walla County WSU Extension Office, 10:00 a.m. to 3:00 p.m. Save the dates for the first three Saturdays in October to learn about beekeeping with Jim Miller, Master Beekeeper. \$45 per person. \$55 after September 28.



On the first Saturday, learn about honey bee queens, workers, and drones; flowers and honey bees; beekeeping equipment; and apiary location. The second session covers what happens inside the hive; pests, predators, and diseases; treatments; and starting the season. Topics for the final class include how to install a new hive; nectar flow; pulling the honey; and getting ready for winter.

23-25 SE District Teen Rally, Meadowood Springs, near Walla Walla. All teens 7th grade and above are invited to attend. You do not have to be a 4-H member to participate. See article in "4-H" section.

Updates

WEST NILE VIRUS: NEW ONLINE REPORTING

In 2008, West Nile virus made three people sick in our state and was detected in eight counties. It was also found in more than 40 horses, 24 dead birds, and nearly 60 mosquito samples. Nearly all of those positive samples were in eastern Washington. Last year was Washington's most active season for West Nile virus since monitoring began in 2001.

Testing mosquitoes and dead birds is one of the ways the Washington State Department of Health (WSDOH) tracks West Nile virus in our state. WSDOH asks people to watch for dead birds and report them using the online system at

www.doh.wa.gov/wnv or call their local health agency (in Walla Walla: 509-524-2662). Information provided online goes automatically to state and local health agencies.



There are pictures of birds online so people can easily identify the bird they've found. Crows, ravens, jays, magpies, and hawks are particularly important to report because they often die from West Nile infection. Dead bird monitoring is encouraged from June through November.

West Nile virus can cause flu-like symptoms and sometimes leads to meningitis or encephalitis, although most people bitten by infected mosquitoes never get sick. The virus is most dangerous for children, the elderly, and people with weak immune systems.

Protect yourself against West Nile virus by avoiding mosquito bites and by reducing mosquito habitat around your home.

- Limit outdoor activities between dusk and dawn, when mosquitoes are the most active.
- Wear long-sleeve shirts, long pants, and hats when going into mosquito-infested areas.
- Use an effective repellent on exposed skin; follow directions on the product label.
- Make sure window and door screens fit tight; repair or replace broken screens.
- Eliminate standing water in containers – buckets, old tires, wading pools, and birdbaths where mosquitoes can lay eggs. Also, fix leaky outdoor faucets and sprinklers.



For more information on West Nile virus prevention and control, visit <http://www.doh.wa.gov/wnv>. Regular updates are available by calling the toll-free West Nile virus information line, 1-866-78-VIRUS.

Farming & Livestock

STOCK CONSERVATIVELY WHEN FIRST GRAZING FORMER CRP GROUND

Grazing livestock on Conservation Reserve Program (CRP) ground coming out of contract is an option that producers and landowners may want to consider. After years of non-use the plants are in a state of low vigor and may have a limited root system. Loss of topsoil from previous cropping and large spacing between grass plants is common, often resulting in low total forage production.

A good management strategy uses a light stocking rate to allow good plant growth the first year. Stocking rates should be adjusted in subsequent years based on stand development.

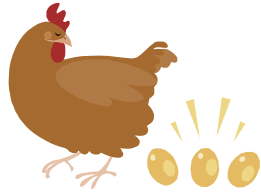
Fence off CRP that is adjacent to native rangeland. Animals will not utilize seeded grass as well as native sod when given a choice. Producers can partially overcome this problem by using grazing distribution tools such as water development, placement of salt and mineral, and burning. Care should be taken in determining where to place water developments. If feasible, water developments should be positioned in a way that will encourage uniform grazing of the land.



Source: Walt Fick, Kansas State University, www.ag.ksu.edu

STICKY DROPPINGS: A POULTRY PROBLEM

'Sticky droppings' are a potential health risk to poultry causing respiratory stress from ammonia and potential increase of coccidiosis. Cereal grains are widely known to cause sticky droppings in poultry as well as limited nutrient uptake and growth retardation.



Barley is generally unpopular as poultry feed because it contains high amounts of a non-starch polysaccharide (NSP) known as mixed-linked β -glucan. Poultry are largely unable to digest these NSPs resulting in a glutinous consistency of droppings. Fecal matter sticks to the cloaca of the bird (also called pasting) resulting in dirty eggs, and causing skin infections on chickens' feet. Sticky droppings also reduce the water retention in litter on which broilers are raised, resulting in increased disease incidence and reduced meat quality.

Sticky droppings should not be confused with normal "caecal" excretions which are the dark brown, glutinous contents of their caecal tubes. Healthy chickens will pass caecal excretions twice a day in addition to the regular brown droppings that have a characteristic white cap of uric acid which they pass 12-16 times each day. When chickens pass only sticky droppings, growers should be aware that there is likely a dietary problem.

Source: Carol Miles and Sacha Johnson, WSU Mount Vernon Research & Extension Center

WASHINGTON ANIMAL AGRICULTURE TEAM

Visit the Washington Animal Agriculture Team website at <http://animalag.wsu.edu/> for current livestock marketing information, newsletters, livestock health and nutrition, forages, quality assurance, water quality, and manure management as well as links to local Extension websites.

Articles in the Spring 2009 newsletter:

- Malignant Catarrhal Fever
- Contagious Equine Metritis
- Swine Influenza
- Save the Beetles
- Why Cut Hay Early?
- Hay Review and Market Outlook

WSU EXTENSION NEWSLETTER
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WALLA WALLA COUNTY
328 WEST POPLAR
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Postmaster send address
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WALLA WALLA, WA 99362

4-H

TEEN RALLY

Any teen in 7th grade and above is invited to attend the 2009 SE District 4-H Teen Rally at Meadowood Springs Camp near Walla Walla in the Blue Mountains of Eastern Oregon October 23-25. You do not need to be a 4-H member to register.

Meadowood Springs Camp is a 143-acre woodland including a small lake and scenic meadows. Come to Teen Rally to enjoy the mountains, trees, wild



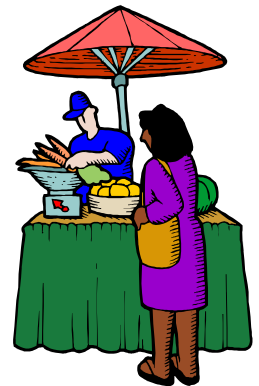
flowers, and wildlife while you meet with other teens and make new friends. Join other teens in new adventures and exciting activities. For more information and updates, call 509-524-2685, see

http://wallawalla.wsu.edu/4h/teen_rally.html, or email bbryce@wsu.edu

Master Gardeners

PLANT CLINICS & FARMER'S MARKET

Visit the Walla Walla Extension office on Tuesdays from 2:00-4:00 p.m. or Thursdays from 9:00 -11:00 a.m. or Farmer's Market on Saturdays from 9:00 a.m. to 1:00 p.m. Bring in your home garden questions or problems or phone in and speak to a Master Gardener. Problem plant samples may be left at any time during office hours and a Master Gardener will look at the specimen during clinic hours and contact the home owner.



Home & Garden

CLEAN WATER LANDSCAPING

Simple activities in the yard and around the home can pollute water. Your landscaping and how you care for it can help or harm the watershed. Plan and plant your yard with care.

Consider the needs and benefits of plant types.

Select trees and shrubs have good root systems that help prevent erosion. Placing plants with similar needs together saves work, water, and fertilizer.

Use native plants in your yard or garden. Native plants often need less water, fertilizer and pesticides than non-native plants.

Landscape with ground covers. Ground covers need less water and work than a lawn, help to crowd out weeds, and help prevent erosion by anchoring the soil. Most need little care once they are established.

Reduce the size of your lawn. Lawns require a lot of work as well as water, fertilizer, and weed killers to look their best. Consider landscaping more area with trees, shrubs, and perennials.

Fertilize with compost. Compost adds plant nutrients and organic matter, improves soil structure, and helps retain moisture. Keep the compost pile away from ditches, storm drains, and streams.

Water efficiently. Water only as much as the ground can absorb to avoid runoff into the street. Avoid frequent, shallow watering. Deep water once or twice a week and adjust the amount according to the weather and temperature.

Mulch with compost or grass clippings. Mulch helps conserve soil moisture. If you use bark mulch, keep it away from paving, ditches, storm drains, and steep slopes where it's likely to wash away. Bark mulch clogs storm drains and can cause flooding.

Use fewer chemicals. Accept a little plant damage instead of resorting to costly chemicals. Pull or dig out weeds and hand-pick insects. Healthy plants are better able to resist disease and insects.



Be careful with chemicals. Be sure to properly identify the pest before using a chemical control and select the least toxic material first. Carefully follow all label instructions. Buy only the chemicals you can use or share with a neighbor and follow package instructions for proper disposal. Keep chemicals, including fertilizer, off pavement so they don't wash into storm drains and into streams.

PESTICIDE SAFETY

Pesticides are chemicals used in and around the home to control pests, such as insects, weeds,

fungi, rodents, and germs. Bleach, liquid soap, furniture polish, and antifreeze are examples of household chemicals which have hazards similar to pesticides; some are quite dangerous, while others are much less harmful. Labels on all household chemicals indicate product hazards and how to handle them safely. The following guidelines are good to remember.

Storing Pesticides: *Ensure Human and Pet Safety*

- Store product in such a manner as to eliminate access by children and pets. Pets can knock products off shelves. Children can ingest them.
- Store pesticides 4 feet off the ground, preferably in a locked and labeled cabinet.
- Do not put pesticides in soft-drink bottles or other containers. Store them in their original containers with labels that list ingredients, directions for use, and treatment in case of accidental poisoning.
- Apply transparent tape over the label to keep it legible.
- Never store pesticides with food or medical supplies.
- Keep your pesticide storage area dry and well-ventilated.
- Check pesticide containers periodically for leaks, corrosion, breaks, tears, or rust. If container is broken, take it to your local household hazardous waste collection site.



Apply Pesticides Safely: *Follow the Label and Use Precautions*

- Make sure the pest you are targeting for control is really causing the problem. Double-check the pesticide label to verify the product will control that pest.
- Choose the right pesticide and always follow label directions when applying pesticides (see Pesticides: Learning about Labels, FSIPM001).



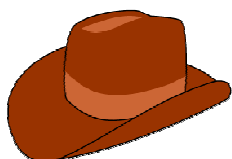
The label lists the sites where you can legally apply the pesticide, what protective clothing you must wear, how to mix the pesticide, and other important information.

- Wear the protective clothing the label requires to minimize exposure during mixing, applying, and cleaning up. Protective clothing and equipment examples: long sleeves, long pants, gloves, and protective eyewear.
- Mix only the amount you need to do the job. Mix outdoors or in a well-ventilated area
- Keep children and pets out of the area where pesticides are being mixed and out of application area until spray is dry or dust has settled.
- Calibrate your sprayer so you are certain that you apply the correct amount.
- Never spray or apply dusts outdoors on a windy day.
- Do not eat, drink, or smoke when using pesticides. You could easily transfer traces of the pesticide from hand to mouth.
- Use a pesticide indoors only if the label specifically states it can be used inside the home. Remove food, dishes, pots and pans from the room before treating kitchen cabinets. Pay close attention to reentry and ventilation instructions.
- Wash hands well with soap and water after handling pesticides; residues on hands easily transfer to food, children, cigarettes, etc.
- Avoid wearing soft contact lenses when handling pesticides, as they may trap material.



Use pesticides with care. Apply them only to plants, animals, or sites listed on the label. When mixing and applying pesticides, follow all label precautions to protect yourself and others around you. It is a violation of the law to disregard label directions. If pesticides are spilled on skin or clothing, remove clothing and wash skin thoroughly. Store pesticides in their original containers and keep them out of the reach of children, pets, and livestock.

Source: WSU Extension bulletin #FSIPM002 by Carol A. Ramsay, WSU Pullman, and Carrie R. Foss, WSU Puyallup REC.



Don't let yesterday use up too much of today.
---Will Rogers

Food \$ense

WATER FOR GOOD HEALTH



Did you know your body is 60 to 70% water? There are so many jobs water does to keep you healthy. Water keeps your skin and tissues soft and moist, helps ward off headaches and moves nutrients around your body. The Mayo Clinic lists these other benefits to drinking the right amount of water:

- Regulates body temperature
- Lubricates joints
- Transports oxygen to the cells
- Keeps eyes, mouth and nose moist
- Nearly all the major systems in your body depend on water!

How do you know when you are dehydrated?

- chronic pains in joints and muscles
- lower back pain
- headaches
- constipation
- thirst



Did you know?

- If you feel thirsty, your body is already short on water: it's getting dehydrated.
- Not having enough water can make you feel tired.
- Your brain may not be able to think clearly if it doesn't have enough water.
- Dehydration will decrease athletic strength and performance.

How much water do we need each day?

8 cups (64 ounces). If you drink water from 16 ounce bottles, four a day will give you the water you need. Don't drink all this water at once. Start with one in the morning. Then have one for lunch and in the afternoon. One more water bottle with dinner will do it!

Just Do It!

Let Kids pick out their own water bottle to carry in the car so you don't stop for soda. Give kids their own colorful container of water in the refrigerator and challenge them to drink it all by the end of the day. Have them keep a chart of how much they drink.

Water in Fruits and Vegetables

Fruits and vegetables are a good source of water.

Vegetables

Lettuce	95% water
Tomato	94% water
Green Beans	92% water

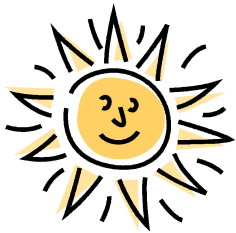
Fruits

Watermelon	94% water
Orange	86% water
Apple	86% water

Eating fruits and vegetables each day is a good way to help your body get water!

Family Living

HOT WEATHER PRECAUTIONS



Severe heat may cause illness or even death. When temperatures rise to extreme highs, reduce risks by taking the following precautions:

Hot weather precautions to reduce the risk of heat exhaustion and heat stroke

- Stay indoors and in an air-conditioned environment as much as possible unless you're sure your body has a high tolerance for heat.
- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.
- Never leave any person or pet in a parked vehicle.
- Avoid dressing babies in heavy clothing or wrapping them in warm blankets.
- Check frequently on people who are elderly, ill or who may need help. If you might need help, arrange to have family, friends or neighbors check in with you at least twice a day throughout warm weather periods.
- Make sure pets have plenty of water.
- Salt tablets should only be taken if specified by your doctor. If you are on a salt-restrictive diet, check with a doctor before increasing salt intake.
- If you take prescription diuretics, antihistamines, mood-altering or antispasmodic drugs, check with a doctor about the effects of sun and heat exposure.

- Cover windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering a house by as much as 80 percent.



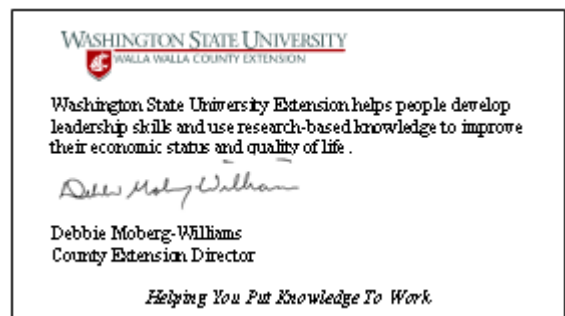
If you go outside

- Plan strenuous outdoor activities for early or late in the day when temperatures are cooler.
- Take frequent breaks when working outdoors.
- Wear a wide-brimmed hat, sun block and light-colored, loose-fitting clothes when outdoors.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.
- Avoid sunburn: it slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly or very young people.

If the power goes out

- If air conditioning is not available, stay on the lowest floor out of the sunshine.
- Ask your doctor about any prescription medicine you keep refrigerated. (If the power goes out, most medicine will be fine to leave in a closed refrigerator for at least three hours.)
- Keep a few bottles of water in your freezer; if the power goes out, move them to your refrigerator and keep the doors shut.

Source: DOH Pub 821-040, <http://www.doh.wa.gov>



Extension programs and employment are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension office.